THE RECOVERY KERNEL

[illegible]

[illegible] Whole-Genome Sequencing [illegible] Daily Stack — [illegible]
[illegible]

[illegible]:

DNA [illegible]
[illegible]
[illegible]

⚠ [illegible]

[illegible]—[illegible] [illegible] [illegible] [illegible] [illegible]
[illegible]

[illegible]**:** [illegible] **1323**
[illegible]**:** [illegible] **1669**
[illegible]**,** [illegible] [illegible] **(**[illegible]
GABRB3) [illegible] **GABA** [illegible] [illegible]
[illegible] [illegible]
[illegible]
[illegible] [illegible]

[illegible] [illegible]
[illegible]
([illegible] Drugs.com, Medscape) [illegible]

[illegible]

[illegible]: [illegible] [illegible] DNA [illegible] [illegible] [illegible]

- **[illegible] 1 — [illegible]: [illegible] (whole-genome sequencing) → [illegible] VCF → [illegible] (domain profiler)** [illegible]
- **[illegible] 2 — [illegible]: MTHFR ([illegible]), COMT ([illegible]), CYP2D6 ([illegible]), [illegible] GABRA2/GABRB3 ([illegible]) [illegible] OPRM1/DRD2** [illegible]
- **[illegible] 3 —** [illegible]
- **[illegible] 4 —** [illegible]: [illegible], [illegible], [illegible]
- **[illegible] 5 —** [illegible]
- **[illegible] 6 —** [illegible] **AI** [illegible] **AI** [illegible]

> [illegible]
>
> [illegible]

[illegible] 1 — [illegible]

1a. [illegible]: [illegible] → [illegible] VCF → [illegible]

[illegible]: [illegible] VCF, [illegible], [illegible]:

[illegible]	[illegible]	[illegible]
[illegible]	[illegible]; [illegible] VCF	[illegible]: [illegible]

[illegible]	[illegible]	[illegible]
[illegible] 30 [illegible] (Nebula, Dante, Sequencing.com)	[illegible] 200-400 [illegible]	[illegible] (VCF) [illegible]—[illegible]
[illegible] DNA [illegible] (23andMe, Ancestry)	[illegible] 700,000 SNPs [illegible] .txt [illegible] MTHFR, COMT, DRD2 [illegible] CYP.	[illegible] VCF [illegible] Genetic Genie ([illegible]) [illegible] Promethease ([illegible] 12 [illegible])
[illegible] (GeneSight, Mayo GeneGuide)	[illegible] CYP2D6/2C19/3A4 [illegible]	[illegible]/[illegible] (WGS) [illegible]
[illegible] ([illegible], [illegible] 12, [illegible])	[illegible]	[illegible] (Homocysteine) [illegible]

[illegible]: [illegible] **VCF** [illegible] **16** [illegible] **([illegible], [illegible], [illegible], [illegible], [illegible])** [illegible]**:** [illegible] **—** [illegible] **—** [illegible]

[illegible]: [illegible] **(pharmacogenomic testing)** [illegible] **CYP2D6** [illegible] **(FDA)** [illegible] **60+** [illegible]

1b. [illegible]: [illegible]

[illegible] ([illegible] 2/3 [illegible] 1, [illegible] 06 [illegible] Compendium [illegible] GABA) [illegible], [illegible], [illegible] 15 [illegible] 60-80% [illegible]

DNA □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□

[illegible] 2 — [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:

[illegible] 1 — MTHFR ([illegible])

[illegible] [illegible] [illegible] [illegible] [illegible] MTHFR [illegible] [illegible] [illegible] [illegible] 40% [illegible] [illegible]

[illegible]	[illegible]	[illegible]
C/C ([illegible])	[illegible] 100% [illegible].	[illegible] [illegible] [illegible] [illegible] [illegible]
C/T ([illegible])	[illegible] 60-65% [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible]
T/T ([illegible])	[illegible] 30-40% [illegible]; [illegible].	[illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] (C/T + A1298C A/C)	[illegible] [illegible] [illegible] T/T.	[illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] MTHFR [illegible]

[illegible] T [illegible] → [illegible] ([illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **methylfolate / L-methylfolate / 5-MTHF / Quatrefolic [illegible]**

[illegible] 2 — COMT ([illegible]: [illegible] [illegible] [illegible]/[illegible] [illegible])

[illegible] [illegible] [illegible] [illegible] ([illegible] 'Worrier' [illegible] 'Sage' [illegible] [illegible] Met/Met [illegible]; [illegible])

[illegible]	[illegible]	[illegible] "[illegible]" [illegible]
Val/Val	[illegible] - [illegible]	[illegible]; [illegible]
Met/Met	Sage / Worrier — [illegible]	[illegible], [illegible], [illegible]— [illegible]
Val/Met	[illegible]	[illegible]

[illegible] "[illegible]" [illegible]: [illegible] "[illegible]" [illegible] "[illegible]" [illegible]

[illegible] 3 — CYP2D6 ([illegible])

[illegible] "[illegible]" [illegible]

[illegible]	[illegible]	[illegible]
[illegible] (Poor Metabolizer - PM)	[illegible]/[illegible]	[illegible] Naloxone [illegible]
[illegible] (IM)	[illegible]	[illegible]
[illegible] (NM)	[illegible]	[illegible]
Ultrarapid (UM)	[illegible]	[illegible]

[illegible] 4 — GABRA2 / GABRB3 ([illegible])

[illegible] GABRA2 [illegible] "[illegible]" [illegible]гда[illegible]

[illegible]	[illegible]	[illegible]
GABRA2 [illegible] (rs279858 T-haplotype) — [illegible] 15–20%	[illegible]	[illegible]/[illegible] "[illegible]" [illegible] (inhibitory-restoration stack) [illegible]
GABRA2 [illegible] — [illegible] 30–35%	[illegible] (GABA) [illegible]	[illegible]; [illegible].
[illegible] GABRB3	[illegible]; [illegible].	[illegible]/[illegible]—[illegible].

[illegible]

* [illegible]
* [illegible]
* [illegible]
* [illegible]

[illegible] **GABRA2** [illegible]

[illegible]: [illegible] **GABRA2** [illegible]—[illegible]: [illegible]

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[illegible] 3 — [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]	[illegible]	[illegible] [illegible]
[illegible] — MTHFR T/T + COMT Met/Met	[illegible] + [illegible]	[illegible] [illegible] [illegible]/[illegible] [illegible]/[illegible] [illegible] [illegible] [illegible] [illegible]: methylfolate 15 [illegible], [illegible] 800 [illegible], SAMe 800 [illegible], theanine, [illegible] [illegible]
[illegible] [illegible] — MTHFR T/T + COMT Val/Val	[illegible] + [illegible]	[illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] "[illegible] [illegible]" [illegible]: methylfolate 7.5 [illegible], tyrosine, mucuna, quercetin, [illegible], Wellbutrin ([illegible]).
[illegible] [illegible] - CYP2D6 [illegible] [illegible]/[illegible] + MTHFR/COMT	[illegible] [illegible] + [illegible] [illegible] [illegible]	[illegible] [illegible] "[illegible] [illegible]" [illegible] [illegible] [illegible] ([illegible] [illegible] CYP2D6) [illegible] [illegible]: [illegible] [illegible]; [illegible] Naloxone.
[illegible] [illegible] — GABRA2 + COMT Val/Val	[illegible] [illegible] + [illegible] [illegible] [illegible]	[illegible] [illegible]; [illegible] GABA [illegible] [illegible] [illegible]: [illegible] + [illegible] [illegible] + [illegible] [illegible]
[illegible] [illegible] — GABRA2 + COMT [illegible] Met/Met	[illegible] [illegible] + [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible]: * Sage calm stack + [illegible] [illegible] * [illegible] [illegible] [illegible]
[illegible]	[illegible] +	[illegible]

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[illegible] 4 — [illegible]

[illegible]: [illegible] 3 [illegible] 3 [illegible] — [illegible] 2-3 [illegible]

[illegible] 1: [illegible] ([illegible])

[illegible]: [illegible] 3-4 [illegible] "Warriors" [illegible] "Understimulated Warriors" [illegible] (anhedonia) [illegible]

- **[illegible]: COMT Val/Val, [illegible] MTHFR T/T, [illegible] DRD2 A1; [illegible] GABRA2 [illegible].**
- **[illegible]:** [illegible], [illegible], [illegible]
- **[illegible]/[illegible]:** [illegible]; [illegible] **Wellbutrin ([illegible])** [illegible]; [illegible]
- **[illegible]:** [illegible] **"[illegible]"** [illegible], [illegible], [illegible]

[illegible] B — [illegible] ([illegible])

[illegible]: [illegible] NMDA [illegible]

- **[illegible]:** [illegible]: [illegible]
- **[illegible]:** [illegible] **(methylation)** [illegible] **COMT** [illegible]; [illegible] **NAC** [illegible]/[illegible]
- [illegible]

[illegible]— [illegible] "[illegible]" (context) [illegible] [illegible]
[illegible]

[illegible] C — [illegible] ([illegible] [illegible])

[illegible]: 7-hydroxymitragynine [illegible] (agonist) [illegible] [illegible] (mu-opioid receptor). [illegible] [illegible] [illegible] [illegible] 12-24 [illegible] [illegible] ([illegible] "leaning Sage / Depleted Worrier") [illegible] [illegible] [illegible] [illegible]

- **[illegible]: COMT [illegible] Met/Met [illegible] MTHFR [illegible] T/T; [illegible] OPRM1 [illegible] CYP2D6 [illegible]**
- **[illegible]/[illegible] — [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] OPRM1 [illegible] G-allele [illegible] [illegible] [illegible] DLPA [illegible] 5–10%**
- **[illegible]: [illegible] Sage foundation [illegible] methylfolate, magnesium, SAMe [illegible] theanine [illegible]; DLPA [illegible] [illegible] Kratom [illegible] [illegible] [illegible] [illegible] [illegible] Kratom**

[illegible] "[illegible]" [illegible]?

[illegible] [illegible] DNA [illegible] [illegible] [illegible] [illegible] [illegible] "[illegible]" [illegible] "[illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] 5 — [illegible], [illegible] [illegible]

[illegible]: [illegible], [illegible], [illegible].

[illegible] — [illegible] ([illegible] 1-3)

[illegible] [illegible] [illegible] [illegible] [illegible] 8 [illegible] [illegible] [illegible] ([illegible] [illegible], [illegible])

[illegible] ([illegible])

- L-methylfolate: [illegible] 1 [illegible] → [illegible] 7.5–15 [illegible] [illegible] 8 [illegible] ([illegible] MTHFR)
- [illegible] ([illegible] 12 [illegible]) 5,000 [illegible] [illegible] [illegible] 400–800 [illegible]
  P-5-P ([illegible] 6) 50 [illegible]
  TMG 1,000 [illegible]
- [illegible]-3 (EPA/DHA) 2–3 [illegible]
  NAC 1,200 [illegible] ([illegible])
  [illegible] 1,000 [illegible] [illegible]

Warrior add-on (COMT Val/Val)

- L-tyrosine 1,000–2,000 [illegible] · mucuna pruriens 200–400 [illegible] · quercetin 500 [illegible] [illegible] 2 [illegible] · [illegible] 400 [illegible]

Sage/Worrier add-on (COMT Met/Met)

- L-theanine 400 [illegible] [illegible] 2 [illegible] · SAMe 800 [illegible] · [illegible] 1,000 [illegible] · [illegible]

[illegible] ([illegible] GABRA2/GABRB3)

- [illegible] 600–800 [illegible] [illegible] ([illegible]) · [illegible]-[illegible] 400 [illegible] [illegible] 2 [illegible] · [illegible] 1,000 [illegible] · [illegible] 3 [illegible] [illegible] · [illegible] ([illegible])
  [illegible]: gabapentin/pregabalin, baclofen, KSM-66 ashwagandha.

[illegible] — [illegible] ([illegible] 3-6)

[illegible] [illegible]:

- **[illegible]/[illegible]:** [illegible] [illegible] **[illegible] (MAT); [illegible] 5–10% [illegible] 1–2 [illegible]; DLPA [illegible] 500 [illegible] [illegible] 2 [illegible]; [illegible].**

- **[illegible]/[illegible]: [illegible] Wellbutrin [illegible] ([illegible] [illegible]); [illegible] 2,000 [illegible] [illegible] 2 [illegible]; [illegible] [illegible]**
- **[illegible]/[illegible] ([illegible] GABRB3): [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] GABA (theanine, taurine, magnesium, glycine); gabapentin/baclofen [illegible]**

[illegible] — [illegible] ([illegible] 6-12)

[illegible] [illegible] [illegible] ([illegible] BDNF, [illegible] D2, [illegible] [illegible]) [illegible] [illegible] [illegible]

	Warrior (Val/Val)	Sage/Worrier (Met/Met)	GABRA2 ([illegible] [illegible] [illegible])
[illegible] [illegible] [illegible]	HIIT, [illegible] [illegible], [illegible], [illegible]	[illegible], [illegible] [illegible] 2, [illegible], [illegible] [illegible]	[illegible] [illegible] ([illegible]/[illegible] [illegible] [illegible]) [illegible] [illegible] 2 [illegible] 4-7-8
[illegible] [illegible]	[illegible] [illegible] [illegible] → [illegible]	[illegible] HIIT/[illegible] [illegible] → [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible]
[illegible]	[illegible] [illegible]	[illegible] [illegible] [illegible] [illegible]	[illegible] [illegible]; [illegible] [illegible] [illegible] "[illegible]" [illegible]

[illegible] — [illegible] ([illegible] "[illegible] [illegible]")

[illegible] [illegible] [illegible] [illegible]: '[illegible] [illegible] **2** [illegible]' [illegible] **4-8** [illegible]; '[illegible] **8** [illegible]' [illegible] **12-16** [illegible] [illegible] [illegible] **2-5** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **NAC,** [illegible] [illegible] **([illegible])** [illegible]

□□□

[illegible] 6 — [illegible]

[illegible] AI [illegible] — [illegible] AI [illegible]

=== [illegible] Recovery Kernel [illegible] ===

[illegible]:
*   MTHFR C677T
*   MTHFR A1298C
*   COMT Val158Met ([illegible]: [illegible]/[illegible]/[illegible])
*   CYP2D6 ([illegible]: PM/IM/NM/UM)
*   CYP2C19
*   GABRA2
*   GABRB3
*   OPRM1
*   DRD2

[illegible]: [illegible] ___ ([illegible] <10) · [illegible] 12 ___ ([illegible] >400) · [illegible] ___ ([illegible] 40–60)

[illegible]: [illegible] ___ · [illegible] ___ · [illegible] ___ · [illegible] ___

[illegible]: ___
[illegible] ([illegible] + [illegible]): ___

[illegible]: ___

=== [illegible] ===

[illegible]

- **[illegible]: "[illegible] CPIC/FDA — [illegible] [[illegible]], [illegible], [illegible] CYP [illegible], [illegible]?"**
- **[illegible]: "[illegible] [[illegible]] [illegible] [[illegible]]; [illegible] CYP2D6 [illegible] [[illegible]]; [illegible]/[illegible]— [illegible]? [illegible]? [illegible]? [illegible]?"**
- **[illegible]: "[illegible], [illegible], [illegible], [illegible] — [illegible], [illegible], [illegible], [illegible], [illegible]?"**
- **[illegible]:** [illegible]/[illegible]/[illegible]/[illegible]/[illegible] [illegible] **1-10** [illegible], [illegible], [illegible]

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